

July 2018

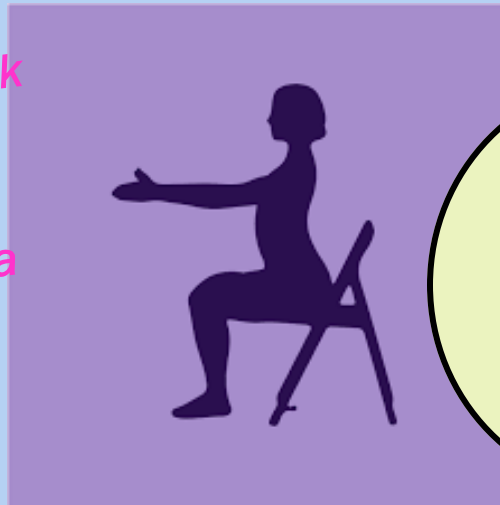
# Accessible Yoga for Everyone

No previous experience necessary —  
Breath, body movement, short meditation  
to promote wellness

Edgartown Council on Aging

THE ANCHORS 508-627-4368

With Arlene Stark  
Prisco,  
Experienced,  
Registered Yoga  
Teacher, 500  
Hours



**NEW TIME!**

Starting  
Wednesday,  
July 11th at  
12:30-1:15.  
First class is  
free!

If you have any physical limitations, give this a try.

You don't have to stand to participate.

An Anchors yogini says, "It has everything a yoga class  
has except the strain of getting up off the floor!"

There is usually  
parking in our  
Council on Aging  
spaces at this class  
time.



The Anchors' website: [www.edgartowncoa.com](http://www.edgartowncoa.com)

## ~What's Happening at the Anchors and Beyond~

Please Call to Reserve 508-627-4368; Email [wbenedetto@edgartown-ma.us](mailto:wbenedetto@edgartown-ma.us)

### The Anchors

#### Kitchen

Lunches served  
at 12:00  
Reserve at least  
24 hours in  
advance

### \$2 Tuesday Lunch

Sandwich, soup, dessert  
July 3rd Eggplant Sandwich  
July 10th Chicken Caesar Wrap  
July 17th Meatloaf Sandwich  
July 24th NO LUNCH  
July 31st Spinach and Filo

### \$5 Friday Café

Entrée with soup and dessert  
July 6th Mushroom Onion Quiche  
\*\*July 13th Movie & Pizza  
July 20th Birthday Café  
Manicotti  
\*\*July 27th Movie and Pizza

**On Display in July** Photography by Dick Biros. Meet Dick at lunch on July 31st.

**NO LUNCH on Tuesday, July 24th.**

**Conversation Group** Led by Jay Sigler, Fridays July 6th and 20th, 10 am. Refreshments.

**\*\*NEW UPDATE! Movies and Pizza** Fridays, July 13th and 27th at Noon – **NO REGULAR LUNCH.** July 13th's movie is "The Shape of Water," and July 27th's movie is "The Band's Visit." \$3. Please call to sign up so we know how much pizza to order, 508-627-4368.

**Free My Life, My Health Class** Mondays, July 9th-August 13th, 12-2:30 pm. Self-management for those with long-term conditions. Learn about exercise, portion control, symptom management, coping mechanisms, and communication with providers. Develop a personal action plan. Call to sign up, 508-627-4368.

**Non-Sanctioned Duplicate Bridge** Mondays and Wednesdays, 12-3. Sign up for seating, email Carol at [fligors@comcast.net](mailto:fligors@comcast.net), or call her, 508-627-4722.

**More Tai Chi with Nan Doty** Wednesdays, two tai chi classes, "Tai Chi Form," 9:30-10:30 and "Tai Chi Simple Movement," 11-12. Tea time in between. Call for more details, 508-627-4368.

**Trip to Europe** Tuesday, July 17th, 12:45, Adele and Peter Dreyer tell us about their trip to Europe. Please call to sign up, 508-627-4368.

**Vineyard Sound** Friday, July 20th, 12:30. Call to sign up for lunch and performance, 508-627-4368.

**Book Group, Women and Men** Wednesday, July 25th, 3 pm, led by Jill Jupen. Book TBA. Call 508-627-4368.

**Get the Most from your iPad** Thursday, July 26th, 10:30-11:30, become better acquainted with your iPad at the Edgartown Library with Kathy Lavieri, a technology trainer with over 20 years of experience working with adult learners. iPad terminology, organizing your apps, keeping your iPad up-to-date, becoming familiar with iCloud. Register: 508-627-4368. Co-sponsored by Edgartown Council on Aging and Edgartown Library.

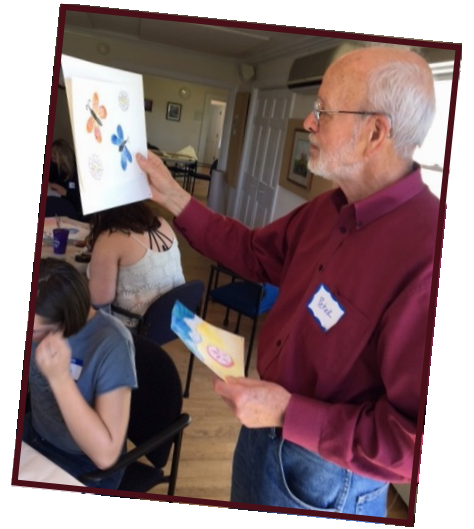
**Coffee with a Cop** Tuesday, July 31st, before lunch, 11 am, Officer Will Bishop at Anchors to talk with us, Q and A, and trivia! Please call to sign up, 508-627-4368.

**"Needlework for Charity"** is the new name of "Knitting for Hospice." Tuesdays, 10 am. Join to make projects benefitting charitable organizations and also work on personal projects. The more the merrier! Bring knitting, crewel, needlepoint, crochet, etc.!

**Elder Law with Attorney Katie Wibby** Tuesday, August 7th, appointments starting at 9:30. Call 508-627-4368.



**Creatives and Games Mindful Knitting** Mondays, 3:30-5:30, **Needlework for Charity** Tuesdays at 10, **Needlepoint** Thursdays at 2, **Mah Jong** Tuesdays & Fridays at 1, **Non-Sanctioned Duplicate Bridge** Mondays and Wednesdays, 12-3. Call or email Carol for seating at [fligors@comcast.net](mailto:fligors@comcast.net), 508-627-4722.



Thank you to MVRHS students for participating in our art projects at the Anchors!



Disclaimer: The Edgartown Council on Aging offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Edgartown COA, the Town of Edgartown or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal cost practitioner. Any act, advice, or service by outside providers at the COA is neither endorsed nor sponsored by the COA.

### Board Members

Jay Sigler, Chair  
Rosemary Cunningham, Co-Chair  
Heidi Boyd  
Marvene O'Rourke  
Steve Miller

**Thank you, Board Members, for your hard work and dedication!**

### ECO Staff

Donna Paulson, Secretary  
Diane Wall, Cook  
Victoria Haeselbarth, Outreach Worker  
Wendy Benedetto, Director of Senior Services  
Paul Mohair, Administrator



**Good Times at the Wasque Discovery Tour with our amazing guide, Dick Jennings**



### ~ Anchors Summer Parking ~

The Anchors parking lot is shared with the Kelley House and we have limited parking. This season, to avoid being towed and other unpleasanties, please park only in the areas that are clearly designated as "Council on Aging Parking." There are 2 spaces in the corner next to the hedges on the Dock Street side of the lot. There are 7 spaces around the back in the area adjacent to our door by the kitchen entrance.

Your best summer strategy is to car pool or use the convenient Park and Ride (trolley) which leaves from the lot across from the Triangle behind Edgartown Pizza every 20 minutes and takes you to Among the Flowers one block away.

### Health and Wellness

**Foot Clinic** Next foot clinic Wednesday, July 25th, appointments starting at 10 am (1/2-hr treatments \$30). Call 508-627-4368 for appointment with Michelle LeBlanc.

**Chair Yoga** Known as "Accessible Yoga," taught by Arlene Stark Prisco. First class is Free. Wednesdays, 12:30-1:15 pm, \$10. Call Wendy for more information and to register for class, 508-627-4368.

**Got Strength? Strength Training Class with Lisa Amols** Tuesdays and Thursdays, 8:30 am. Call Lisa at 508-693-1009 before first class. Punch cards available, join anytime. Talk to Lisa about walk-in pricing. Visit her website at [www.lisasstudiomv.com](http://www.lisasstudiomv.com).

**Yoga with Carol Vega returns in the Fall. Thank you, Carol!**

**Tai Chi with Nan Doty:** Two tai chi classes on Wednesdays, "Tai Chi Form" from 9:30-10:30 and "Tai Chi Simple Movement" from 11-12. Tea time in between. Call Wendy for more information, 508-627-4368.

**SHINE Appointments** with Bill Glazier, Anchors SHINE counselor. Call 508-627-4368 for appointment.

**Exercise classes are subsidized by Friends of ECOA. Anchors' exercise instructors are trained, experienced, expert professionals who provide their services at reduced rates.**